



# VOYAGEUR

The Newsletter of the Ottawa Voyageurs Walking Club/Le club de marche des Voyageurs d'Ottawa

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Winter

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*The opinions expressed  
in this newsletter are  
not necessarily those of  
the Ottawa Voyageurs  
d'Ottawa Walking Club.*

*This issue of the VOYAGEUR, is being sent electronically to those members with an email address. A special **thank you to Jim McConkey** for his help in converting and forwarding this information.*

*For those club members who do not have access to email, or would prefer a hard copy, a paper version will be available by mid-December. Copies will be distributed at the Christmas Lights Walk or sent out after the event via our "walking" couriers.*

*We hope to continue to provide useful information and interesting stories from and about our members. Remember this is your newsletter. If you can help in any way, if you would like to submit a story, have a walking story, or suggestions please contact me or any of the club's executive.*

*My best wishes to all of you for a very happy holiday season and great walking in the new year.*

Helen Galley, Editor  
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## ***A WORD FROM OUR PRESIDENT.....***

### **A WORD FROM THE PRESIDENT**

#### **Year 2002**

Our first year in existence is almost over. One more event, i.e. The Christmas Lights Walk, on 15 December and our season will be complete. Thank you all for your efforts, participation and dedication! Your contribution is most important and crucial as our own existence depends on it. I urge you to continue your support, it does make a difference. Once again, thank you so much! Finally, special mention is made to Kathy Luten, our Vice-President, for having replaced me during my absence from 23 July to 2 October 02, while I traveled in Europe. **Thank you, Kathy!**

## **Logo - Golf-Shirt - Arrow Sash**

Our logo and golf-shirt have now taken form. In order to show your solidarity, and sense of belonging, as well as group spirit, it is hoped that you will purchase one for yourself and for family members who participate in our activities. The production of the arrow sash has encountered some technical difficulties. However, it is confirmed that the problem will be solved by January, just in time for our Annual General Meeting.

## **New Year-Round Event**

A new YRE was inaugurated at the beginning of July 02 with starting point at the RA Centre, 2451 Riverside Dr., Ottawa. It is an 11Km walk, either divided in three loops, or a 5 and 6Km routes with winter routes. The scenery is fabulous, especially on the summer routes. The three-loop concept is innovative and very convenient in all seasons. This walk was initiated following a request from the Department of Customs and Revenue Canada for the well being of their employees working at the Heron Rd. Division.

**Seasonís Greetings** Merry Christmas and a Happy New Year to all of you and your family.

Benoît Pinsonneault  
President, OVO

## **MOT DU PRÉSIDENT**

### **L'an 2002**

Notre première année d'existence tire déjà à sa fin. Encore une activité, soit la marche des lumières de Noël du 15 décembre, et notre saison sera terminée. Merci à tous pour tous les sacrifices, votre participation et dévouement !

Votre apport est d'autant important et crucial que toute notre existence en dépend. Je vous encourage à continuer dans ce sens, ça fait toute la différence. Encore une fois, mille mercis ! Enfin, une mention particulière à Kathy Luten, la vice-présidente, de m'avoir remplacé durant mon absence du 23 juillet au 2 octobre 02, lors de mon voyage en Europe. **Merci Kathy !**

## **Logo - Golf-shirt - Ceinture fléchée**

Notre logo et golf-shirt sont maintenant réalité. En guise d'esprit de groupe, de solidarité et d'appartenance, je ne puis que souhaiter que vous vous en procuriez un, ainsi qu'aux autres membres de votre famille participant nos activités. La production de la ceinture fléchée a fait l'objet de quelques difficultés techniques et devrait devenir réalité en janvier prochain, temps pour notre assemblée générale annuelle.

## **Nouvelle marche continuelle**

Une nouvelle marche continuelle a été ouverte au début de juillet 02 avec départ du Centre RA au 2451 Promenade Riverside, Ottawa. Il s'agit d'une marche de 11 Km divisée en trois boucles ou encore d'un parcours de 5Km et d'un autre de 6 Km avec routes d'hiver. Le paysage en vaut le coût, principalement sur les routes d'été. Le concept des trois boucles est innovateur et fort pratique, et ce, en toute saison. Cette marche fut instaurée suite une demande du Ministère des douanes et revenu Canada pour le bien-être de leurs employé(e)s travaillant leur division, sur le chemin Heron.

**Souhais díoccasion** Joyeux Noël et bonne année ‡ tous ainsi quí vos familles !

Benoît Pinsonneault  
Président, OVO

**Notice / Avis de convocation**  
**Annual General Meeting / Assemblée générale annuelle**  
**Ottawa Voyageurs Walking Club / Le Club de marche des Voyageurs d'Ottawa**

**Date :** 12 February 2003 / le 12 février 2003

**Time / Temps:** 1900 hours / 19h00

**Location / Lieu :** Royal Canadian Legion - Orléans / Légion royale canadienne - Orléans  
800 Taylor Creek Dr. 800, Promenade Taylor Creek  
Orléans, Ontario Orléans, Ontario

**Note 1 :**

Two Executive Committee positions are open and must be filled:

- (1) Secretary
- (2) Publicity Coordinator

Deux postes du Comité exécutif sont à combler :

- (1) secrétaire
- (2) Coordinateur la publicité

**Note 2 :**

Free food, with cash bar, will be served from 1800 hours.  
Un goûter gratuit, avec bar payant, sera servi à partir de 18h00..

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**MEMBERSHIP REPORT FOR 2002**

Ottawa Voyageurs d'Ottawa had a total of 135 paid up family memberships for 2002. With an additional 105 family members tied in with these memberships, the Club had a total of 240 members, in total, for the 2002 walking year. Wouldn't it be nice if we could get all members out to one walk all at the same time? What a wonderful picture that would be. Of the current 135 family memberships, 77% have email addresses. This is fabulous since notices and other postings can be sent out to a large number of the membership on short notice.

Membership renewals for 2003 have been posted to the members on email and written notices have been sent to those without email. Please just take a few minutes to fill out the form and return them.

If you have any questions concerning membership in the Club, please do not hesitate to call me.

Thank you.

Jim McConkey  
Chairperson, Membership  
(613) 745-6549

## Ottawa Voyageurs d'Ottawa Year 2003

### Events

Day	Date	Event	Walk
Sat	May 17	Tulip Festival	VM
Sun	May 18	Tulip Festival	MW
Sat	May 24	Cumberland Heritage Days	MW
Sat	June 21	Honouring French Heritage	MW
Tues	July 01	Canada Day Walk	MW
Wed	July 09	Lunergan's Pub	MW
Wed	July 23	Arrow and Loon Pub	MW
Wed	August 06	Montana's Cookhouse Saloon	MW
Wed	August 20	Petrie Island Walk	MW
Sat	September 06	Gasthaus Marathon/Summerfest Walk	VM
Sat	September 13	Divine Infant Church	VM
Sun	September 21	Cumberland Resource Center Charity Walk	MW
Sat	October 04	Fall Rhapsody - Gatineau Park	MW
Sun	October 19	Waffle Wobble Walk	MW
Sun	December 14	Christmas Light Walk	MW

### YREs

Beacon Hill	Hill Butcher Shop, 2339 Ogilvie Dr.
Blackburn Hamlet	Beckers, 2672 Innes Road
Orléans	Convent Glen Shopping Centre, Ultramar Service Station
Orléans	Quickie Store, 1600 Forest Valley Dr.
Orléans	Ray Friel Centre, 1585 10 <sup>th</sup> Line
Orléans	Recreation Complex, 1490 Youville Dr.
Ottawa	Food Frenz, 380 Laurier West Ave. (Corner Kent St.)
Ottawa	New Edinburgh Shell Station, 1 Montreal Rd.
Ottawa	RA Centre, 2451 Riverside Dr.

### **N.B. Ottawa-Carleton Volkssport Hotline (613) 788-0691**

#### *IN MEMORIAM*

*Karl Heinz Lukowski January 12, 1933 - November 21, 2002*

*Ottawa, November 27, 2002: Sincere Condolences to the Lukowski Family from all the Volksmarchers of the Ottawa Voyageurs Walking Club (formerly the Rockcliffe Rovers Volksmarch Club). It is with shock and deep regret that we have learned of the passage of your beloved father and grandfather. We have been associated with the Gasthaus Zum Dorf-Drug for the past six years for the Gasthaus Marathon and Sommerfest Walk, which is one of the best of the National Capital Region. This is also the closest one to the German Volksmarching, established as an International Association in January 1972, most commonly known as IVV.*

*Thank you, Karl and Dolly, for sponsoring this event in the real German tradition and we hope that Karl's spirit will be with us every year we walk it.*

*Sincerely,  
Benoît Pinsonneault, President  
Ottawa Voyageurs d'Ottawa*

## *A Fall Walk in the Gatineaus*

On Tuesday, 8 October 2003, the Ottawa area Volkssport Clubs hosted a group of 24 Volksmarchers from Germany who were touring Quebec and Ontario on a Fall bus trip to see the autumn colors. The group was led by Gerd Pieper who frequently visits Canada on walking tours. Prior to arriving in Ottawa, the tour group had visited the cities of Quebec and Montreal to do some of the volksmarches in that area.

The German group arrived in Ottawa on Monday afternoon and shortly after their arrival, were given a guided tour of the Capital by following the volksmarch from the Elephant & Castle restaurant; the weather was cool with strong gusty winds and with rain threatening.

Tuesday dawned bright and sunny with light winds; a perfect day for seeing the fall colours in the Gatineau Hills across the Ottawa River. The walk followed the same routes which were used the previous Saturday for a Special CVF Event in conjunction with the National Capital Commission's "Fall Rhapsody of Colors". The route followed the Trans Canada Trail along Meech Lake with 5 Km and 12 Km distances available. A total of 45 walkers consisting of 21 from Germany and 24 local members did one of the level 3C walks which featured some outstanding views of the forest in fall colours.

Following the walks, the majority of the participants enjoyed a luncheon feast at the L'Oree du Bois which is one of the best restaurants in the area. Although many of our visitors were unilingual deutsch, this did not present any problems as some of the local walkers were able to dust off some of their lost German or others were able to translate as necessary. A most enjoyable ending to a walk where fun, friendship and fitness prevailed.

Submitted by Doug Chase, Trails Director, Ottawa Voyageurs Walking Club

## FEET'S FEATS

### ***Events:***

900 Events - Jackie Revell, Maureen White	175 Events - Georgina King, Dorothy Prieur, Reg Tyo
800 Events - Doug Chase, Bernice Murphy	150 Events - Georgina King, Dorothy Prieur
600 Events - Darlene Blight	125 Events - Georgina King
575 Events - Darlene Blight, Trevor Luten	100 Events - Georgina King
525 Events - Kathy Luten	75 Events - Jay Chodolak
450 Events - Alan Bones	50 Events - Shirley Atkins
425 Events - Alan Bones	30 Events - Shirley Atkins
300 Events - Jean Fink	10 Events - Jerome Agnew, Shirley Atkins, SherryGreaves, Carol Greer
225 Events - Georgina King	
200 Events - Georgina King, Dorothy Prieur, Donna Sullivan	

### ***Distance:***

12000 km - Jackie Revell	3000 km - Jay Chodolak, Georgina King, Donna Sullivan
10000 km - Alan Bones	2500 km - Jay Chodolak, Georgina King, Dorothy Prieur
9000 km - Darlene Blight	2000 km - Jay Chodolak, Dorothy Prieur
7000 km - Kathy Luten	500 km - Shirley Atkins
4000 km - Jay Chodolak, Georgina King	
3500 km - Jay Chodolak, Georgina King	

Congratulations!  
*Jim McConkey*

**THE FOLLOWING VOLKSMARCHERS HAVE COMPLETED THE *ROUND AND LONG DISTANCE WALK (RLDW)*, and some of these walkers have completed the route more than once!**

Atkins, Shirley  
Blight, Darlene  
Bones, Alan  
Chase, Doug  
Crowder, Perry  
Fawcett, Graham  
Gallimore, Betty & Steve  
Girard, Véronique

Green, Donna  
King, Georgina  
Kurtz, Kathleen  
Luten, Trevor & Kathy  
Lacroix, Lorraine  
Olson, Ole  
McPhee, Steve  
Pinsonneault, Benoît

Powell, Dale  
Prieur, Dorothy  
Revell, Jackie  
Small, Henderson  
Sullivan, Donna  
Viel, Hélène  
White, Maureen

***CVF POST CONVENTION WALKING TOURS:***

**ATLANTIC CANADA FOOTSTEPS**

Canada's Atlantic Coast  
4 Provinces, 9 Days, 6 IVV Walks  
May 12 to 20, 2003 Trip includes: local  
Volksmarch Tour Director, Private Motor Coach,  
7 nights accommodation, breakfast each morning  
and 4 dinners including a traditional lobster dinner  
& Official Newfie Screech, 6 unique IVV sanctioned  
walks

**NEW BRUNSWICK SAMPLER**

5 DAYS, 5 WALKS  
May 12 to 16, 2003 Tour includes: private deluxe  
motorcoach, 4 nights accommodation, local  
Volksmarch guide, breakfast every morning,  
1 lunch and 1 dinner including a Maritime Kitchen  
Party Welcome, all admissions listed in itinerary,  
5 unique IVV sanctioned walks, including a walk  
through the world's longest covered bridge,  
all taxes

**FOR MORE INFORMATION, CONTACT:**

RAY MULHOLLAND  
Oromocto Volksmarch Club CVF 009  
506-446-6979  
raymul@nb.sympatico.ca

\* Benoît Pinsonneault, President  
746-9071 or benoitpinson@rogers.com

For more details, see attachments or locally contact  
either:

\*Doug Chase, Trail Director  
834-3932 or bdchase@magma.ca  
and/or

As well as, for more information, contact:  
convention2003@sentiernbtrail.com or  
visit the following sites:  
www.sentiernbtrail.com and/or  
www.chebucto.ns.ca/Recreation/CVF

**CVF CONVENTION 2003 AGM**

Fredericton, N.B. - 9-11 May 2003

Lord Beaverbrook Hotel

Mothers' Day Weekend

*Registration forms for Convention 2003 AGM are available in English and French with a List of Accommodations. Copies can be obtained from the convention web site, or by contacting a member of the Voyageurs executive. Rooms have been blocked at hotels under Canadian Volkssport Federation Convention 2003, or Ray Mulholland.. Please make your own reservations .*

*Editor's note: As a regular feature in our newsletter, we plan to profile individual Ottawa Voyageurs d'Ottawa club members in each issue.*

## **PROFILE: GRAHAM FAWCETT**

In addition to being an active member of the Ottawa Voyageurs, Graham Fawcett is the Ontario Director of the Canadian Volkssport Federation/ La Federation Canadienne Volkssport (CVF/FCV).

As a director, Graham has many important functions that cross several lines at the national, provincial and local levels. At the national level, he is expected to participate in the decision making process regarding the running of the CVF. Issues of policy regarding Rules and Regulations, club development, dispute resolution, Volkssport initiatives, regular business, etc. fill the agendas of Directors meetings. Directors meet two or three times per year over the phone and then once at a business meeting that immediately precedes the Annual General Meeting, wherever that may be. At the provincial level, the Ontario Director serves as a focal point for communications, club development, point of contact for people outside the province who want to know more about Volkssports in Ontario, etc. Graham often refers new potential members to clubs when someone asks how they can get involved in an area where there is a club. He also serves as a contact for other organizations who want to know more about Volkssports or walking programs in general. One other important function is the collating and coordination of information coming from clubs as they prepare their annual walks program for each new year. This helps avoid date conflicts for proposed walks in areas that have a concentration of several clubs. Graham says "I do as much as I can to recognize the hard work and initiatives of our provincial clubs and give them, their leaders and volunteers as much support as possible. I also try to keep Volkssporters in Ontario and across Canada aware of what is going here by regularly submitting articles of interest to Volkssport Canada, our national newsletter. This keeps people informed and, I hope, recognizes their efforts and initiative." As Director, Graham has created a number of walks in communities across Ontario so that Volkssporters can have the opportunity to walk in cities or towns that do not yet have a Volkssport club. These walks have all been well supported and are becoming better known, even internationally. One other such initiative has been the creation of North America's first European-style Round and Long Distance Walk here in the National Capital Region. Having taken more than a year to prepare, it has proven to be a great success and will continue into the future. Some 80 walkers have already finished the 176 km. route at least once, some as many as four times in the first year. Other activities Graham has been involved with this past year include the creation of a national database for the CVF office. There is an enormous amount of information that is processed by the part-time Executive Assistant position in the national office. A database will allow for the storage of information in such a way that it can easily be called upon as often as necessary. Major modules of the database include all contact information relating to clubs, the subscription list for Volkssport Canada, information on all scheduled special events and YRE's across Canada, the entire process for registering and sanctioning events and contact information for individuals. "It has been an interesting challenge" Graham said and he indicated that the database would be installed in the national office in the New Year. Working on the national database has also given Graham the opportunity to work with real data concerning two very important publications the CVF is involved in. In July and August, he was able to submit data to the IVV for the publication of the IVV World Calendar. This has always been a challenge in the past since the data has to be prepared by the clubs and collated by the office up to six months in advance. This same information, plus more precise details that come later from clubs across Canada, is used for the publication of Footpaths / Sentiers, our own CVF national guide to walks. This has always been the single greatest challenge for our Executive Assistant for a number of reasons. This year, Graham volunteered to take charge of both these processes since he was already working with the data and there was no need to duplicate all the effort. Footpaths / Sentiers will, for the first time in a few years, be available to clubs and individuals before January. It was a large undertaking, but will be much more efficient in the future compared to previous procedures. Locally, Graham has created the web page for the Ottawa Voyageurs d'Ottawa club to keep our own members informed and, hopefully attract new members to it. *Thank you Graham for all your hard work and your commitment to Volkssporting in Canada and Ontario, and here in the Ottawa area!*

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"I have found the role of Director to be both very challenging and rewarding. It has given me many opportunities to meet new people, make new friends and do many more walks that I might not have been able to do otherwise. I also appreciate the opportunity to serve an organization that depends upon so many volunteers, at all levels, and give back something to those who have given so much to me. I know that Volkssport has given me a lot and improved the quality of my life immeasurably. Our motto of "Fun, fitness and friendship" is entirely apt and if I can help bring that to others, then I am glad to do so. After all the other things are done, I like to walk with friends and always enjoy some 'fun, fitness and friendship' with others who like walking for health and fitness as much as I do."

Graham Fawcett, Ontario Director, Canadian Volkssport Federation  
6584 Harvest Grove Drive, Greely, ON K4P 1E9 Phone / Fax: 613-821-0056  
Email: [grademachine@sympatico.ca](mailto:grademachine@sympatico.ca) WWW: <http://www3.sympatico.ca/grademachine/ontdir.html>

## OSTEOPOROSIS AWARENESS WALK

*I would like to say a warm thank you to all those that donated baking and to those who made donations at the Cake Walk. The revenues were donated to OSTOP to assist those with osteoporosis and to eventually find a cure.*

*I would also like to inform you that due to the lack of space at the Walkers Haven, this is the last year for this event. Thank you very much for your support, it has been appreciated.*

*Helen Viel*

Picture:

Helen Viel  
presenting a cheque  
for \$151.00 to the  
treasurer of OSTOP  
on December 2002.

Left to right - Helen Viel, Ottawa Voyageurs Walking Club, Thelma Westeneys Past President of OSTOP, Gley Joy Treasurer OSTOP and Barbara Townsend President of OSTOP. (Note: the picture may not be available in email version of this newsletter.)



YRE/LOCATION	YRE No.	Jan - June	July - Dec	YRE/LOCATION	YRE No.	Jan - June	July - Dec.
Aylmer, PQ - Dinty Moore's 620 Aylmer Rd.	193			Nepean - Winks (Sunoco) 299 Greenbank Road	100		
Brighton - Bakers Doz Donuts Corn. Elizabeth/Prince Edward St. Presqu'île Park - Parkside Variety (at entrance to Park)	146208			Nepean Sportsplex - Route #1 1701 Woodroffe Avenue - Route #2	30130		
Brockville - YMCA/YWCA 345 Park St. (Seasonal)	38			Blackburn Hamlet - 2672 Innes Road Mac's Convenience Store	233		
Cornwall - Dallago's Coffee & Donuts 333 Second Street West	190			Perth - Cango Gas Station 95 Dufferin Street (Hwy #7)	73		
Gatineau, PQ - Restaurant Valentine 405 Blvd de L'Hôpital	236			Peterborough - Peterborough Arms 300 Charlotte Street (Seasonal)	205		
Kanata - Leisure Centre 70 Aird Place East North South West	 123 39 3 122			Kingston - YMCA-YWCA 100 Wright Crescent  Holiday Inn 1 Princess Street	 24  84		
Manotick - Pronto Food Mart 5350 River Road	54			Ottawa - Beacon Hill Hill Butcher Shop 2339 Ogilvie Road	195		
Nepean - Crystal Beach Shell Station, 3077 Carling Avenue	92			Ottawa - Food Frenz Corner Laurier/Kent	268		
Orléans - Recreation Complex 1490 Youville Drive	18			Ottawa - Shell Service Station 1 Montreal Road	214		
Orléans - Quickie Store 1600 Forest Valley Drive	152			Ottawa - RA Centre 2451 Riverside Drive	273		
Orléans - Ray Friel Centre 1585 Tenth Line Road	50			Ottawa - Tourism Walk Elephant & Castle, Rideau Centre	5		
Orléans - Convent Glen Ultramar Service Station Corner Jeanne d'Arc/Orléans Blvd	213			Ottawa - Heritage Walk YMCA-YWCA 180 Argyle Avenue	27		
Richmond - Becker's Convenience 6138 Perth Road	90			Ottawa - South Keyes Mac's Convenience Store 25 Tapiola Crescent	147		
Smith Falls - Best Western 88 Lombard Street (Hwy #15)	174			Ottawa - Westboro (Seasonal) Bridgehead, 360 Richmond	272		
Stittsville - Country Donuts Shopping Centre, 1250 Main Street	148						